

**ABSTRACT**

This invention relates to a method of binding a sheet of paper. The method includes the steps of feeding an end of a sheet of paper to be bound into a partially folded elongate binding strip which defines a longitudinal axis and has two portions angularly disposed to each other, the end of the sheet of paper being fed in a feed direction that is parallel to the longitudinal axis of the binding strip into a region between the two portions and mating the end of the sheet of paper and the binding strip, with the end of the sheet of paper located in the region between the two portions. The method also relates to an apparatus for binding a sheet of paper, according to the method of the invention.